

Statistics Report 01122, Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Report Date:December 05, 2015 15:07 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	74.10	--	0.514	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	105	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	440	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Protein	g	4.86	--	0.052	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	1.41	--	0.106	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	1.03	--	0.034	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	18.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Minerals													
Calcium, Ca	mg	169	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Phosphorus, P	mg	133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	216	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	65	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	3.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Fluoride, F 1	µg	9.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.198	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.544	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Vitamin B-6	mg	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Vitamin B-12	µg	0.52	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin A, IU	IU	60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lipids													
Fatty acids, total saturated	g	0.909	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.042	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.029	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.018	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.040	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.048	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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14:0	g	0.149	--	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.384	--	0.029	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.137	--	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.387	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.031	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.322	--	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total polyunsaturated	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.028	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.012	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cholesterol	mg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine	g	0.265	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.490	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.436	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.143	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.044	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	0.265	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.245	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.402	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.208	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.385	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	0.951	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Proline	g	0.576	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.301	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Sources of Data
¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision